

## **ABSTRACT**

A stepping exerciser includes a base having a seat, a follower rotatably attached to the base and having an axle and a shaft, two foot supports rotatably attached to the follower with the axle and 5 rotatable up and down relative to the base, and rotatable relative to the base together with the follower. Two actuators are rotatably attached to the follower with the shaft and coupled to the foot supports, and each includes a pole for engaging with the seat of the base, to force the follower to rotate relative to the base when the 10 actuators are caused to rotate relative to the shaft of the follower by the foot supports.